

Sailors participate in Chicago's Air and Water Show

By JOC ROBERT PALOMARES
 Navy Office of Community Outreach

CHICAGO — Members of Navy Cargo Handling Battalion Seven (NCHB-7), which recently returned from an eight-month stint in Kuwait, staffed a booth during the 2005 Chicago Air and Water Show to teach visitors more about their duties.

In more familiar surroundings near the Lake Michigan shoreline, the cargo handlers showed the people who stopped by on their way to the air show how to load and unload a pallet full of equipment from a ship's hold to the dock with a miniature-scale cargo crane.

Boatswain's Mate 1st Class Aaron Taylor, of Round Lake Beach, Ill.,

Boatswain's Mate Third Class Josh Marquez of Beach Park, Ill., and Senior Chief Boatswain's Mate Harold Izquierdo of Elk Grove Village, Ill., demonstrated how they transferred thousands of tons of cargo from ships to the troops in Iraq.

"I estimate we unloaded 90 vessels and moved more than 200,000 pieces of equipment off the dock in Kuwait," said Izquierdo, the operations chief for the unit, whose job was to make sure the loads were handled correctly and safely.

"These guys did a great job getting the equipment to where it was needed.

In addition, we reloaded the ships with the remnants of war — the unusable and

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Senior Chief Boatswain's Mate Harold Izquierdo, of Elk Grove Village, Ill., tells Chicago Air and Water Show visitors about Navy Cargo Handling Battalion Seven's (NCHB-7) recent eight-month deployment to Kuwait and Iraq. NCHB-7 was Navy Reserve Center Chicago's first unit to fully mobilize and its 150 members returned home in March 2005. *U.S. Navy Photo by PH1 Steve Schmidt.*

Sailors volunteer with United Way of Lake County

By EVA KOWALSKI
 Training Support Center

Members from the Chief Petty Officer Association at Training Support Center (TSC), Great Lakes and staff from the Transient Personnel Unit (TPU) at Naval Service Training Command volunteered in a series of projects with United Way of Lake County August 18 during the 2005-Day of Caring.

In one of the projects organized for that day 19 volunteers helped paint the inside of the Maplehurst Retirement Home in Zion.

"We painted the front entry way, the

kitchen, the living room, the dining room and an entry way," said FC2 (SW) Abigail Greenleaf, who helped organize 12 volunteers from TPU.

Another group of volunteers helped beautify Clark Elementary School in Waukegan.

FC1 (SW/AW) Laura Bates, Admin LPO at TPU, said the group of five volunteers she rounded up helped with landscaping, trimming and removing trees and planting flowers as part of the beatification project.

"It is phenomenal to have them (Navy

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DCCS (SW) David Britton helped paint the Maplehurst Retirement Home in Zion August 18 during United Way of Lake County's 2005-Day of Caring. Members of the Chief Petty Officer Association at TSC and staff at TPU volunteered to help with projects organized throughout the community. *Photo by Matt Mogle*

Assistant Secretary of the Navy visits North Chicago VA Medical Center

B. J. Penn, Assistant Secretary of the Navy for Installations and Environment visited North Chicago Veterans Affairs Medical Center recently. Mr. Penn was there to see the progress of the surgery and emergency department construction that is currently taking place. He was also briefed by North Chicago VA Medical Center (NCVAMC) and Naval Hospital Great Lakes (NHGL) staff regarding the planning for the ambulatory care facility that the Department of Defense (DoD) will be building at the VA.

North Chicago VA Medical Center and Naval Hospital Great Lakes have been working together towards this partnership for several years. Phase I was the shifting of

inpatient mental health services from NHGL to NCVAMC in October 2003. Phase II is presently being worked on which is renovating and expanding NCVAMC's surgery and emergency departments. It is a \$13 million project.

Once that is completed in June 2006 all of NHGL's inpatient medicine including pediatrics, emergency and surgery services will shift to NCVAMC. This will be a milestone since nowhere else in the country is there such a relationship between VA & Navy. This joint partnership will mean VA & Navy personnel will be working together to provide the best quality care to veterans,

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Now hear this!

The North Chicago VA Medical Center and the Great Lakes FFSC will sponsor a Job Fair Sept. 14. See story on page 6.

'Diversity is a leadership issue'

CNO tells NNOA conference attendees.
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Find out what's happening at Great Lakes!

Visit the Great Lakes official websites at www.nsgreatlakes.navy.mil and www.nstc.navy.mil

Fort Knox and NHGL join forces at the RTC blood drive

By **LN2 SELENA M. PAYTON**
LT. H.L. AUSMUS
Naval Hospital Public Affairs

On August 22, 2005, LT Michael Roth of the NHGL Blood Donor Center and Major Emmett Gourdine from the Camp Memorial Blood Center in Fort Knox, Kentucky, combined their manpower to screen and collect blood products from an estimated 320 recruits.

The Great Lakes Navy Blood Bank invited the staff from the Camp Memorial Blood Center, in support of the Great Lakes recruit summer surge. Without the extra manpower, 150 recruits may have been turned away. This loss of 150 potential blood donors could have drastically diminished the Department of Defense ability to meet collection and distribution quotas.

The Naval Hospital Great Lakes Blood Bank is the Navy's official freezing site for the frozen blood replacement program.

The Great Lakes Navy Blood Bank has the capacity to collect 200 units of blood in one day. Out of which weekly, 57 units are routinely frozen and shipped to locations that include Korea, Japan, and various naval ships serving defense contingencies abroad. In support of our current theaters of operation, to include; Operations Iraqi Freedom and Enduring Freedom, the NHGL Blood Program collects over 7000 units of blood annually.

In response to these needs Capt. Moran, commanding officer, Recruit Training

Command, authorized scheduling flexibility that allowed for recruits to give blood in the first dual-service, Ship 6, intership blood drive.

Due to a combined effort, both services were able to receive a sufficient amount of blood by maximizing the recruit donor population. These drives are vital because they provide the much needed donor blood to service members serving worldwide. This effort assists in overcoming the restriction placed on service members returning from war zones, which stipulates that combat returnees must wait one year before donating.

As of August 15, 2005, the Navy Blood Bank collected 200 units of blood. On August 22, 2005, the Navy and Army Blood Bank staff collected from an additional 293 donors.

The NHGL blood Bank will continue their efforts on Aug. 29 and 30, to ensure a steady flow of LIFEFORCE to troops domestically and abroad.

Those recruits who donated are to be commended for their stewardship and their graduation from boot camp that took place the very next day.

Lt. Michael Roth, extended his appreciation to Maj. Emmett Gourdine, head of the Camp Memorial Blood Center and his team.

The Major said, "The units collected will help the Army Blood Center in meeting their weekly quota. These blood products are scheduled to be shipped to the war zone



Sgt. Robert Harper and Maj. Emmett Gourdine of the Camp Memorial Blood Center in Ft. Knox, Ky., process recruits for blood donations. *Photo by HM1 Dwayne Snader*

soon and are in support of a need for plasma, red cells, and cryoprecipitate."

Fourteen RDCs were noted to set the standard and joined the recruits in this important effort to donate blood.

The entire staff attached to Ship 6 were also praised; they opened their ship to this blood collection evolution and provided an orderly and efficient environment where by the samples could be collected.

OS1 Jonathan D. Lamperth and STSC Christopher Shanklin were noted for taking special care in maneuvering the recruit's schedule which ultimately allowed time for them to donate their much needed LIFEFORCE.

Duty in Afghanistan: A personal account

Trying to make all the pieces fit

By **RP1 (SW) LATANYA WELCH**

Everyday we wake up to a challenge, never knowing what to expect. The day my now Senior Chief Petty Officer (E-8) called me in his office and gave me the news about possibly going to Afghanistan my world changed. He told me to talk it over with my family and he would give me more details on Monday. That Monday it became official with about nine days to leave and a million things to do to prepare, I was ready to take on this unknown assignment.

My first feelings were those of fear and worry. Being a single parent is tough. Departing from my ever-growing teenage son was very difficult. When he first heard I was leaving, he asked the question, "Why you Mom?" I quickly answered, "You know I love the Navy, duty calls Son."

Even though I had been on a ship this would be my first deployment. Through it all my family has been very supportive. At

the beginning my father was very upset ready to make a call to the President of the United States and ask "Why my Baby Girl?" Then he realized I signed on the dotted line and was ready for anything that comes my way. So after having a farewell party filled with all my home-cooked favorites, I was on the plane headed to Fort Benning, Ga. for training.

Being from Florida, I have visited Georgia many times before but now I started to enter in an unfamiliar Army territory. When I arrived at the airport, an Army Cadre met me, to tell me what my next two weeks would be like in this predeployment training.

I was given a barracks room and I was happy to open the door to a see a well-known face, another E-6 female petty officer in the U.S. Navy. RP1 Lisette Ariza became the missing piece to my scattered puzzle. This high-spirited, energetic Sailor had done training with the Marines before

and basically went through each class with flying colors. All the instructors were impressed with her vast knowledge and skill. She spent a lot of time helping me get squared away. Being in her presence, she made me feel more confident and her helpful hints and advice helped me move to the next level.

The next stop on my prepared, pre-

planned mission was Bishkek, Krygyystan also known as Manas. Although my stay there was brief, this was where RP1 Ariza and I would part ways. Being in the military, you meet good people all the time. We stayed in tents and I began to think that this was not the last tent that I would see. After

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VA MEDICAL

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B. J. Penn, Assistant Secretary of the Navy for Installations and Environment, looks on as Bonnie Casis, RN; Tessie Klumak, LPN; and Hm2 (SW) Anthony J. Valentine, Jr., Navy Corpsman, demonstrate how the pulse oximeter measures oxygen saturation of the blood and also monitors the pulse.

as well as active duty and their dependents and military retirees. Navy and VA providers will be working along side each other and for the first time in a VA pediatric care will be provided for Navy dependents. Then Phase III of the joint partnership is the construction of a new ambulatory care center co-located with NCVAMC.

Mr. Penn is responsible for formulating policy and procedures for the effective management of Navy and Marine Corps real property, housing and other facilities; environmental protection ashore and afloat; occupational health for both military and civilian personnel and timely completion of closures and realignments of installations under base closure laws.

Veteran GL policeman dies

A 24-year veteran of the Great Lakes police died Aug. 21 from cancer.

Patrick D. Hoppler began his career on Aug. 10, 1981. As a patrol officer, he was awarded the meritorious service medal for action following 9/11. He also received numerous letters of commendation. He was 46.

Hoppler is survived by a sister, Angela Boyko and a long-time friend and fellow officer, John Lee.



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Capt. R.J. Postera**Commanding Officer**
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Afloat Training Group, Pacific visits CNE; looks at training

By EVA KOWALSKI
Training Support Center

Assessors from Afloat Training Group (ATG), Pacific Fleet in San Diego visited the Center for Naval Engineering (CNE) Learning Site, Great Lakes August 15 to 17 to see how well the Basic Engineering Common Core (BECC) School is training engineers and preparing them for apprentice level responsibilities in the fleet.

The first-time visit was arranged by CNE, Norfolk Va. as an informal gesture to help strengthen the feedback channels between CNE, Great Lakes and the fleet.

Two assessors from ATG Pacific, who generally work in teams of five to conduct the initial assessment and underway demonstration on

ships, assessed the BECC curriculum in accordance with the top five engineering discrepancies out in the fleet.

“We looked at all the labs, observed some of the students go through the training and assessed elements of curriculum that we were able to give feedback on...then we provided a couple of recommendations on things like the engineering operation sequencing system curriculum,” said Lt. Cmdr. Charles Brock, lead assessor for gas turbine assessment team at ATG Pacific Fleet.

Lt. Cmdr. Jeffrey Winters, who helped assess the course with Brock, was involved in the immediate assessment of BECC in the fleet when the training was first introduced.

As an overall impression Brock said the course was “very well put together.”

“They [instructors] are teaching the specific

skills that will pay off when students first get out to the fleet. There they [students] will be able to apply a lot of the stuff they’re teaching right away,” said Brock.

A couple of the recommendations made included teaching students how to verify aligned piping systems during training when they are initially taught how to align the systems and better familiarizing Sailors with engineering jargon and terminology.

“Some of the things discussed were interesting insights,” said Cmdr. Don Nuckols, CNE, Great Lakes Officer-in-Charge. The visit was “more of an exchange of ideas,” he added.

“It gives us much better perspective...knowing what is taught there helps us communicate with the fleet,” said Brock.

The BECC curriculum went through several changes since its implementation last August.



FN Chris Bruce, from Elizabeth City, N.C., aligns a lube oil strainer in the Shift/Inspect and Clean Lube Oil Strainers (SICLOS) labe, Great Lakes. Photo by Matt Mogle

VOLUNTEER

(Continued from page 1)

volunteers) help. Not only are they a dedicated group of volunteers but they have a very strong work ethic and they’re very able to accomplish whatever project we put in front of them,” said Jennifer Yonan, Vice President of Marketing, United Way of Lake County.

Yonan said that in many cases Navy volunteers tend to form a bond with the project they are given to work on forming ongoing relationships.

EMCS (SW) Timothy Tregoning, Season of Pride community service and outreach coordinator, said he would be taking some

of the chief selectees with him in the near future to the Maplehurst Retirement Home to help with an additional painting project.

United Way of Lake County is an organization dedicated to improving the community by identifying groups and people in need and networking with local organizations and businesses to meet those needs.

“Our diverse community trusts United Way of Lake County to assess local needs and identify sound and measurable solutions,” said Tregoning.

More than 700 volunteers from area businesses and groups helped improve the

community at one of 42 project sites during the 2005-Day of Caring.

“All projects centered around the communities of Waukegan and North Chicago,” said Yonan.

The main focus of this year’s Day of Caring was helping improve local schools.

Chief petty officer selectees at RTC also assist in community projects.

AEC(AW/SW) (SEL.) Antonio Alvillar, says that one of the things the future chiefs have been doing a lot with are charitable ventures such as handiwork at the Daisy Resource Center (DRC) in North Chicago.

“The DRC is a home for women and children who need help with a new beginning,” Alvillar says.

The selectees also help out at Habitat for Humanity, where they do construction work for the community. Habitat for Humanity is a program where volunteers build and remodel homes and sell them back to low-income families.

This kind of charity doesn’t only help the people receiving it. “Helping out the community is a good thing for us too. It’s our way to show our support,” says Alvillar.

PERSONAL

(Continued from page 1)

leaving Manas we headed up to Bagram, Afghanistan.

This where I met my first Army Chaplain Assistant, his name was Sgt. 1st Class Paul Davidson. Automatically I knew this assertive senior leader was in charge. He would be the important link to resolving any issues or questions I may have. He seemed to be very interested and eager to assist in any way possible, also giving good advice and mentorship to help assume my duties.

In Kandahar, Afghanistan, where I now lay my patrol cap, I am working with some professional, dedicated chaplains and their assistants. Being deployed, I met so many young Soldiers, Airmen and Marines, men and women who risk their lives every day for the good of our nation.

The chaplains and their assistants are trying to give spiritual and motivational encouragement to all military personnel here in Afghanistan.

As a chaplain assistant, I am honored to have had the opportunity to serve with the Army as joint service and this experience will stay with me always. My main goal was to let the Army personnel here know that they are not alone. I wanted to help all the units here any way I could and meet some new friends along the way. Working as a joint service task force, things are not

always done the way you know, but the results are the same. Completing the mission is the sole purpose; taking care of soldiers is always the first and most important priority.

I have learned that being a leader is not always a glamorous job. Sometimes you

have to make decisions that are not always welcomed. The most important part of leadership is mentorship, being able to pass on your knowledge to a junior Sailor or Solider.

Being an E-6 in the Navy, I have learned to work as a team player but I never wanted

to lose sight of the big picture. The senior leadership in Kandahar, Afghanistan work hard at keeping personnel equipped with what they need. This is not an easy task but working together as a team the Chaplains also play an important role in every day Army life.



CNO breakfasts with Sailors

Chief of Naval Operations Adm. Mike Mullen eats breakfast with Sailors at the Naval Air Station (NAS) Jacksonville galley. Sailors were offered the opportunity to voice their concerns and suggestions during Mullen’s visit to the air station. U.S. Navy photo by PH2 Andrea Decanini

Last Marine security force graduation

Marking the end of a 30-year tradition, 11 senior enlisted members and one naval officer graduated from the last Marine Cadre Auxiliary Security Force Basic Law Enforcement Course, in Chesapeake, Va., on Aug. 19. Approximately 6,000 military personnel have taken the course since its inception.

The course, led by Staff Sgt. Patrick Rinock, assisted by Sgt. John Wildman and Sgt. Brian Popp, is being replaced by the Navy’s Arms Sentry Course under Training Supervisors MAC Raymond Wendt and MA2 Edward Jacobs. Training will take place at Great Lakes.

The mission of the trainees is to supply a military presence, providing security and sentry support.

CNO: Diversity a leadership issue

By CHIEF OF NAVAL OPERATIONS PUBLIC AFFAIRS

WASHINGTON (NNS) — Speaking at the 33rd annual National Naval Officers Association (NNOA) Conference in New Orleans Aug. 12, Chief of Naval Operations (CNO) Adm. Mike Mullen said diversity continues to be a leadership issue and critical to the Navy’s future success.

“We need leaders from and for every single part of our Navy,” he said. “Our leadership should reflect the nation we represent.”

Mullen took the opportunity during his comments to thank the NNOA specifically,

saying the association was “critical to helping our Navy improve diversity.” He also said he needed their leadership, as well, and encouraged NNOA’s members to mentor other, more junior officers and enlisted personnel.

The Navy is certainly a more diverse force than it has been in the past, Mullen noted, but leaders cannot rest on their laurels.

“A lot has been done, but we are still in a pioneer world,” Mullen said, referring to the fact that though many more opportunities now exist for minorities and women in the Navy, much can still be accomplished.

The CNO said he will concentrate on this area specifically during the next four

years.

For example, he wants to improve the number of women and minorities filling both senior officer and enlisted billets, and increase the number of women serving in enlisted technical ratings.

“My intentions are to take big steps each year, for four years,” said Mullen. “I believe we need to take more risk in this area than we have in the past. I believe from my heart that diversity strengthens the very fabric of who we are.”

According to Capt. Patricia Cole, CNO’s special assistant for diversity, NNOA is very optimistic about Mullen’s stance and his “obvious commitment to diversity in the Navy,” she said.



Hand signals

Pacific Ocean - An Aviation Boatswain's Mate directs an F/A-18F Super Hornet, assigned to the "Diamondbacks" of Strike Fighter Squadron One Zero Two (VFA-102), onto a steam-powered catapult during flight operations aboard the conventionally powered aircraft carrier USS Kitty Hawk (CV 63). *U.S. Navy photo by PH3 Jonathan Chandler*

DoD announces one-year open enrollment for SBP

By U.S. DEPARTMENT OF DEFENSE

WASHINGTON (NNS) — The Department of Defense announced Aug. 19 that military retirees who opted out of some or all their Survivor Benefit Plan (SBP) coverage, will have another opportunity to elect coverage during a one-year open enrollment period from Oct. 1, 2005, through Sept. 30, 2006.

Upon a retiree's death, SBP provides an annuity of up to 55 percent of the military retired pay. Until recently, the annuity for a surviving spouse age 62 or older was reduced to 35 percent to reflect the availability of Social Security benefits. This reduction will phase out by April 2008, and the full 55 percent benefit will be paid regardless of the spouse's age in accordance with the Fiscal 2005 National Defense Authorization Act.

Current non-participants will be able to elect any coverage they could have elected previously upon retiring from active service or upon receiving notification of eligibility for reserve retired pay at age 60.

If they have a reduced election, they may increase their coverage. A participant with child only coverage may add a spouse or former spouse to their coverage, and a member may add child coverage to spouse or former spouse coverage.

But those who took SBP coverage and later elected to terminate that coverage are not eligible to make an open enrollment election.

Open enrollment elections require a lump sum buy-in premium as well as future monthly premiums. The lump sum equates to all back premiums, plus interest, from the date of original eligibility to make an election plus any

amount needed to protect the Military Retirement Fund. The latter amount applies almost exclusively to those paying fewer than seven years of back payments.

The lump sum buy-in premium can be paid over a two-year period. Monthly premiums for spouse or former spouse coverage will be 6.5 percent of the coverage elected, the same premium paid by those currently enrolled. Reserve component members under age 60 and not yet eligible for retired pay do not pay back premiums or interest, but must pay a monthly SBP premium "add-on" once their retired pay starts.

Elections are effective the first day of the month after the election is received, but no earlier than Oct. 1, 2005. An election is void if the retiree dies in the two years following an election and all premiums are refunded to the designated survivor.

To make an open enrollment election, a retiree must complete and submit a DD Form 2656-9, "Survivor Benefit Plan (SBP) and Reserve Component Survivor Benefit Plan (RCSBP) Open Enrollment Election." The form is available electronically at www.dtic.mil/whs/directives/infomgt/forms/eforms/dd2656-9.pdf.

For assistance with the form, members should contact the retiree activities office for their service.

Mail the completed form to the address specified on the form. Applicants will be formally notified of their cost and have 30 days from the date of the notice to cancel the election by notifying the Defense Finance and Accounting Service or the reserve component, as applicable, in writing.

Enlisted Board of Advisors concludes conference

JO2 Elijah Leineer
NSTC Public Affairs

The Enlisted Board of Advisors (EBOA), which is comprised of fleet, force and Chief of Naval Operations (CNO) directed command master chiefs, concluded its fourth semi-annual manpower, training and education conference Aug. 19 at Naval Service Training Command, Great Lakes.

The board evaluates topics affecting the successful development of Sailors from the start of their career through their completion of service to the Navy. Topics include mentorship, personal financial management, goal setting, core values, pride in service, teamwork, healthy lifestyles, watch standing, personal responsibility and accountability, Navy history and heritage, and Navy rights and responsibilities.

Upon evaluation, the EBOA submits its suggestions to the Executive Committee

(EXCOM) whose members include Vice Adm. Kevin J. Cosgriff, commander, U.S. Fleet Forces Command Norfolk, Va.; Vice Adm. (sel.) Ann Rondeau, director Navy Staff (Pentagon); Capt. Nicholas H. Holman on behalf of Vice Adm. Gerald L. Hoewing; Rear Adm. John M. Stewart, Navy Personnel Command Millington, Tenn.; Capt. William E. Yeager on behalf of Vice Adm. J. Kevin Moran, Naval Education and Training Pensacola, Fla.; and CNOCM John S. Snell on behalf of Capt. Ron Stites, Chief of Staff Naval Personnel Development Command Norfolk. The EXCOM then decides the appropriate course of action for each recommendation.

In the EBOA's fourth meeting, which concluded Aug. 19, the board set out to further develop the core competencies of the 21st century Sailor by focusing on a training continuum that starts with the Delayed Entry Program (DEPS) and continues through General Military Training (GMT).

"The Sailor [training] continuum and

life-long learning are part of the Five Vector Model," said CNO directed Command Master Chief Anthony R. Driver, Command Master Chief Naval Service Training Command. "If you look at your model, you will notice that each vector starts with basic training and continues through your career. EBOA is evaluating that fleet hand-off process, which doesn't necessarily start or stop with a specific command, but is a continuum of life-long learning.

"One of this year's core goals was to focus on supporting Sea Warrior. Everything we do directly supports Sea Warrior and ensures a better-trained Sailor shows up at the right place and the right time," Driver said.

Prior EBOA conferences have aided in streamlining Basic Military Training (BMT) and Naval Military Training (NMT) throughout the fleet. The EBOA training continuum goal is to allow Navy-wide training to integrate from one course of training to another. By evaluating past and current

procedure and curriculum throughout the fleet, the board hopes to continue improving the quality of training, which will allow Sailors to continue developing on their professional development vector in a streamlined environment anywhere in the fleet.

"By having an Enlisted Board of Advisors we have an opportunity to make changes that will effect a Sailor in the here and now," Driver said.

"We have made realistic changes to improve the quality of life, and the quality of our service of our Sailors. That's exciting. EBOA has done some great things for our Sailors. It also speeds up change through immediate recommendations to the EXCOM, as a result, the Sailors of today are seeing a lot of good changes faster than ever before.

"This year's meeting was successful, because at the end of the day we made recommendations that will provide our Sailors better tools than in the past, and that is always a success."

SAILORS

(Continued from page 1)

damaged equipment — that was sent back to the states."

Taylor was the Hatch Captain, the person in charge of the rigging and slings that cradled the loads as they were lifted from the ship holds, until they were securely placed on the dock to be trucked north to Iraq.

"It was a great experience, knowing that we were there to help provide the troops in Iraq what they needed when they needed it," Taylor said.

"We were able to work long hours to get the constant stream of gear to the guys up north because of our training and the motivation we had.

It was great to get home, but it was just as rewarding to know we were there for the troops."

Marquez, who served with the unit's security and transportation group, said he is happy to play a part in supporting the troops.

"I was just grateful to be able to help serve those guys up north [in Iraq] and serve my country.

That was my favorite part of the operation.

I enjoyed it.

'It was a great experience, knowing that we were there to help provide the troops in Iraq what they needed when they needed it.'

BM1 Aaron Taylor

We were always busy."

The reserve unit returned to their Great Lakes headquarters in March, where they had a great family get together.

"We are like family — all 150 members of the unit," said Izquierdo.

What's next? "We begin training and decertification.

More training to keep up the skills if we are needed again," Izquierdo said."

NCHB-7 is part of the Naval Expeditionary Logistics Support Force and played a key role in loading and offloading ships as well as fuel distribution.

NAVELSF provides more than 90 percent of the Navy's supply and transportation expeditionary capability.



Boatswain's Mate 1st Class Aaron Taylor of Round Lake Beach, Ill., watches visitors practice maneuvers on Navy Cargo Handling Battalion Seven's (NCHB-7) model shipboard loading mechanism at the Navy's display at the 2005 Chicago Air and Water Show. NCHB-7 Sailors, who returned in March from an eight-month deployment to Kuwait and Iraq, were on hand during the show to share their experiences about deployment and their subsequent return to the Midwest. *U.S. Navy Photo by PH1 Steve Schmidt.*

Demolition planned

Capt. R. J. Postera, commanding officer, Naval Station Great Lakes, gives a thumbs up at the official beginning of the demolition of Bldg. 28 at a ceremony on Aug. 24. Once the building is removed, the existing site at Naval Station Great Lakes will be converted into a historical park utilizing salvaged materials from the demolition, which is slated to be completed in December 2005. The wet saw in the background was used to cut one of the building's bricks into several souvenir pieces. For further information on the project see a story in next week's Great Lakes Bulletin.

Photo by FC2 Jason Mosher



TRICARE now offers hearing aids for active duty family members

Beginning Sept. 1, active duty family members (ADFM) who meet specific hearing-loss requirement will be eligible to receive hearing aids including services and supplies as a TRICARE benefit.

This benefit is extended to ADFMs as part of the National Defense Authorization Act (NDAA) for Fiscal Year (FY) 2002. Previously, hearing aids and services were only available to those beneficiaries who were in the Program for Persons with Disabilities (PPPWD).

The FY 2002 NDAA provision allows for coverage of a hearing aid to ADFMs

diagnosed with a "profound" hearing loss. With the assistance of service physicians and audiologists from both the Department of the Defense and Veterans Affairs, TRICARE established separate hearing-level thresholds for adults and children.

The criteria for an adult ADFM to qualify for hearing aids and services are:

- 40 decibel (dB) hearing loss (HL) or greater in one or both ears when tested at one of the following frequencies; 500, 1,000, 1,500, 2,000, 3,000 or 4,000Hz; or
- 26dB HL or greater in one or both ears at any three or more of those frequencies

(mentioned previously); or

- A speech recognition score less than 94 percent

The criterion for children of active duty service members to qualify for hearing aids and services is:

- 26dB HL or greater hearing threshold level in one or both ears when tested in one of the following frequency ranges; 500, 1,000, 2,000, 3,000 or 4,000Hz

Eligible TRICARE beneficiaries will receive all medically necessary and appropriate services and supplies, including hearing examinations administered by authorized providers

that are required in connection with this benefit.

Eligible beneficiaries who suspect they or a family member may have a hearing loss should schedule an appointment with their primary care manager or medical provider for an examination. Beneficiaries will then be referred to an audiologist for any necessary tests.

For more information, beneficiaries may visit the TRICARE Web site at www.tricare.osd.mil or call the TRICARE Regional Office (TRO) North (1-877-874-2273), TRO South (1-800-444-5445), or TRO West (1-888-874-9378). Overseas beneficiaries may call 1-888-777-8343.

Honormen, Award Winners at the Recruit Graduation Review

Recruit Review Graduation 26 AUG 2005 Divisions 259 – 270 & 940

The Following Honor Recruits for this week's Recruit Review graduation ceremony will be presented with a statuette of the Lone Sailor by the Fleet Reserve Association: SR Kyle Maddox, Division 259, Indianapolis, Indiana; SR Curtis Issacs Division 260, Benton, Kentucky; SR Carey Peekstok, Division 261, Gobles, Michigan; SR Keith Buford, Division 262, Oklahoma City, Oklahoma; SR Donald Ferns, Division 263, Kewawnee, Illinois; SR Ryandale Tinio, Division 264, Santa Rita, Guam; SR Zachery, Division 265, Atlanta, Georgia; SR Carmen Johns, Division 266, Goldsboro, North Carolina; SR Cody Berger, Division 267, Harker Heights, Texas; SR Kevin Fields, Division 268, Hendersonville, Tennessee; SR Jeremy Kilchenstein, Division 269, Baltimore, Maryland; SR Homero Garcia, Division 270, Alice,

Texas; SR John Moen, Division 940, Chatfield, Michigan

The Recruit Chief Petty Officers for this week's Recruit Review graduation are as follows: SR James Day Division 259, Jupiter, Florida; SR Paul Thompson Division 260, San Antonio, Texas; SR Rachel Edwards, Division 261, Sierra Vista, Arizona; SR Justin Scaife, Division 262, Gurnee, Illinois; SR Daniel Swift, Division 263, Jacksonville, Oregon; SR Ryandale Tinio, Division 264, Santa Rita, Guam; SR Christian Brown, Division 265, Mauldin, South Carolina; SR Nichole Weidman, Division 266, Myakka City, Florida; SR Cody Berger, Division 267, Harker Heights, Texas; SR Anthony Williams, Division 268, Hampton, Virginia; SR Aaron Smith, Division 269, Crosssett, Arkansas; SR Jay Williamson, Division 270, Simi Valley, California; SR Zachary Stutz, Division 940, Canton, Michigan



The National Society of the Sons of the American Revolution Academic Excellence Award
SR Russell Sweet, Division 269, Los Alamos, New Mexico



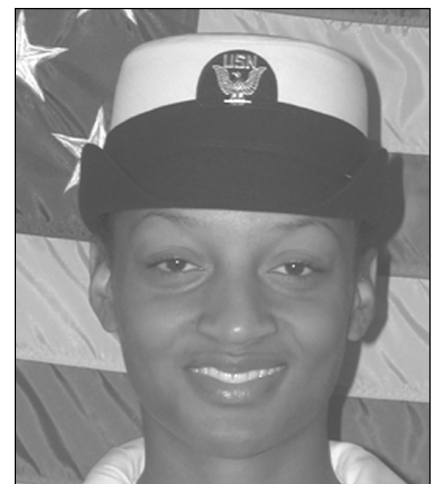
United Services Organization Shipmate Award
SR Alex Tull, Division 263, Post Falls, Idaho



The Military Order of the World Wars Award of Merit
SR Paul Thompson, Division 260, San Antonio, Texas



Military Officers Association of America Award Leadership Award
SR Kevin Fields, Division 268, Hendersonville, Tennessee



Navy Club of the United States Military Excellence Award
SR Rachel Edwards, Division 261, Sierra Vista, Arizona



Navy League Award
SR Ryandale Tinio, Division 264, Santa Rita, Guam



Viewpoint

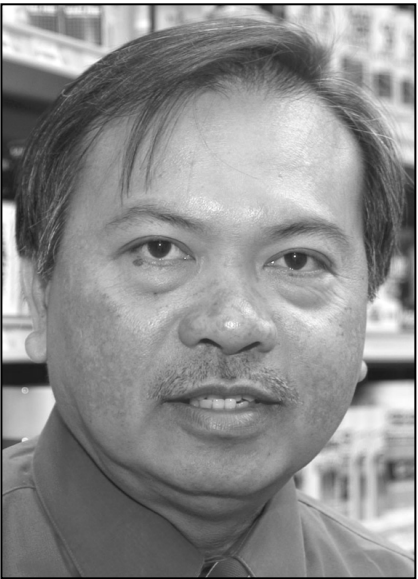


Readers Speak Out

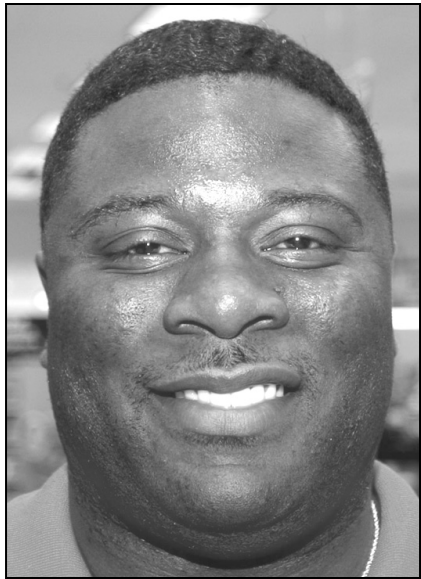
This week the Great Lakes Bulletin asks some of its readers, “How have high gas prices affected your driving habits or travel plans?”



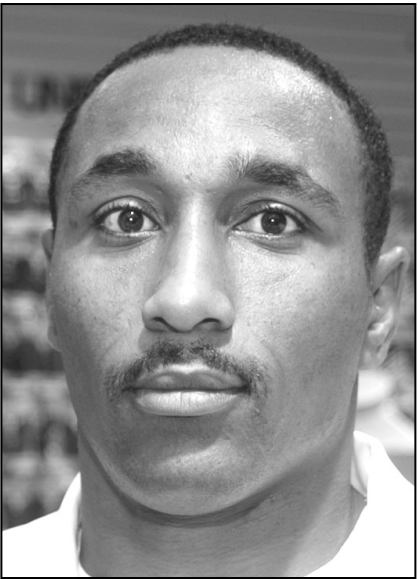
“I put off my trip home to Michigan this weekend.”
OS2 (SW) Tori McClendon



“I cut down my travel distances until the price goes back down. No more trips to Chicago for now.”
Emilio Cano



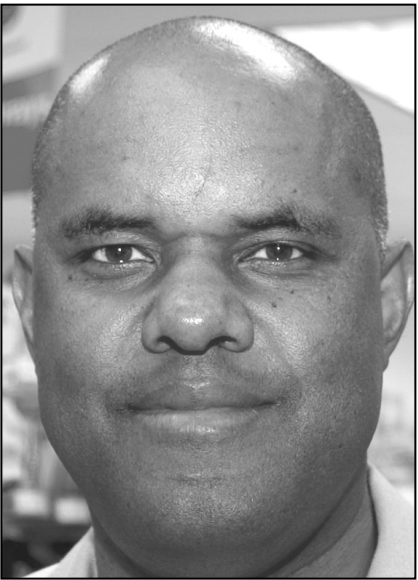
“There is no travel plan! I limit my driving to work, home and the Commissary.”
Jerry Howard



“They really haven’t.”
PN2(SW) Louie Beasley



“I’ve consolidated my trips, doing all my running in one day. Besides that, it’s just to and from work. It definitely helps.”
CTRC Laveda Poole



“Not much at all. I don’t drive much anyway.”
MMC(SW) Herman Thompson

Job fair! Job fair!

It’s almost that time of year again for the annual Veterans Affairs/FFSC Transition Assistance Program and Family Employment Readiness Program (TAP and FERP) job fair.
This annual event is coordinated and sponsored by the North Chicago VA Medical Center and the Great Lakes Naval Station Fleet and Family Support Center. If you are preparing your transition from the military, or your spouse is in the military

and you are looking for employment, mark your calendar for Wednesday, September 14, and attend the TAMP/VA Job Fair.
There will be over 40 local and nationwide employers represented. Be sure to bring your Military ID for entrance to the fair.
For additional information contact the Fleet and Family Support Center at (847)688-3603 Ext. 141 for Donn Merritt, and Ext. 129 for Gerard Metoyer.

WHAT happened WHEN A look back at historic Great Lakes

40 years ago
Gate undergoing repairs
Traffic at the 22nd Street Railroad crossing, near North Chicago’s “strip” section, will be curtailed from four to five weeks due to repairs, according to CWO Carl J. Kremsner, the center’s provost marshal. City workmen started repairs on the crossing Wednesday. The repairs are expected to be completed in late September. To avoid traffic snarls and deadlocks, Great Lakes motorists and Service School Command personnel are urged to use other gate entrances.

30 years ago
Chicago review set
A special Navy Bicentennial recruit graduation review is scheduled at the Civic Center Plaza in Chicago at noon next Friday. More than 500 Navy men will graduate from recruit training in a ceremony that will include marching and performing units from the base. Chicago’s Mayor Richard J. Daley will be the guest of honor. Adm. Frederick H. Michaelis Chief of Naval material, will be the reviewing official. Bill Curtis, co-anchor newsmen and an officer in the Naval Reserve, will be master of ceremonies.

20 years ago
Tuition assistance changes
Navy Campus Office, located in Bldg. 2, has suspended the processing of Tuition Assistance Contracts-Amendments (NAVEDTRA FORM 1560/1) on Thursdays and Fridays only, until further notice. Contracts-amendments will be processed Monday through Wednesday during normal working hours. This suspension does not apply to individuals who must make reimbursement to the government and are detaching or transferring.

10 years ago
CFC kicks off campaign
The 1995 Combined Federal Campaign (CFC) for Lake County, Illinois will hold its kick-off luncheon Sept. 5 at the Port O’Call from 11 a.m. to 2 p.m. This year’s theme is “The Power of One.” “CFC is a once-a-year opportunity for us to give financial resources to help organizations that provide services, not just here in the community, but nationwide,” said Rear Adm. Patricia Tracey, CNTC and chair of the Lake County CFC.

Great Lakes Tyke

Name: Gabriella Podraza

Age: 4

I live in: Lindenhurst

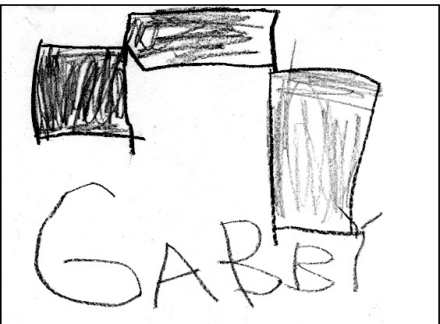
I live with: Nicole and Mark, and Mason, 10, and Alexandra Nicole, 2

My pets are: Dog, Oscar and Cat, Chloe

I help around the house by: I took Chloe to the vet

My favorite book is: My book that has shapes in it

My favorite cartoon is: Scooby Doo



Gabriella Podraza

My favorite food is: Chicken and rice

My favorite toy or game is: I play games with my sister. I show her tricks

My favorite color is: Red, blue, green, purple and gray

My favorite thing to do is: I play in the pool with my friends

When I grow up I want to be: A mom and a dentist

My picture is of: My name

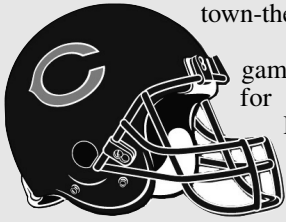
Information, Tickets & Travel

Building 400, 688-3537

Are You Ready For Some Football?

See the Chicago Bears play at Soldier Field!

The ITT Office carries one of the hottest tickets in town—the Chicago Bears!



Preseason Chicago Bears Tickets for home games (see schedule below) went on sale Aug. 8 for all eligible ITT customers (Active Duty, Reservists, Dependents, DoD, Retirees, etc). Ticket prices are \$60 each. There will not be a limit on the number of tickets purchased for preseason games.

Preseason Schedule: Aug. 26 vs. Buffalo, 7 p.m., and Sept. 1 vs. Cincinnati, 7 p.m.

Chicago Bears season tickets will be in high demand. A lottery will be conducted for 50% of the tickets (active duty, only). The lottery winners will have first chance at a pair of tickets to any game in that month. The remaining 50 percent of the tickets will go on sale to other eligible customers. Become a season ticket holder! A limited number of season tickets can be purchased for all Chicago Bears home games. Tickets must be purchased in pairs. Call ITT for more information.

Lottery winners will have until Sat., Aug. 27 to select and purchase their tickets on a first-come-first-served basis. All remaining tickets for September games will go on sale to all eligible customers on Mon., Aug. 29. Bears tickets are \$60 each. Tickets are only sold in pairs—only two tickets per person per month. Stop by or call the ITT Office for complete details on the lottery process.

September home game schedule: Sept. 18 vs. Detroit, noon and Sept. 25 vs. Cincinnati, noon.

Shades of green – Walt Disney Resort

You may now book reservations for Shades of Green Resort, located within the Walt Disney property (Orlando, FL), at the ITT Office in Bldg. 400. Shades of Green Resort is an Armed Forces Recreation Center. It is a true resort destination, offering the perfect mix of accommodations and hospitality. This resort is designed to provide “R&R” for our nation’s service members and their families, retirees, DoD civilians and family members, and certain eligible persons. Please call the ITT Office for further information/reservations at 688-3537.

Shoreline Sightseeing

A Chicago favorite since 1939, Shoreline Sightseeing offers two exciting boat cruise options. The first cruise option includes the dramatic Architecture Cruise (\$18-Adult, \$8.50-Child), which departs from Navy Pier and travels for one-hour on the historic Chicago River viewing over 40 of the world’s most celebrated buildings. The second cruise options includes the famous half-hour Skyline Boat Tour (\$9.50-Adult, \$4.50-Child) on Lake Michigan, showcasing Chicago’s world-renowned skyline and landmarks. These Boat Rides depart from three convenient lakefront locations: Navy Pier, Shedd Aquarium/Museum Campus and Buckingham Fountain. For further details, call the ITT Office at 688-3537.

Walt Disney World Resort Hotel

There’s never been a better time to stay at a Walt Disney World Resort Hotel! Book your Walt Disney World Resort Hotel at the

ITT Office, Bldg. 400 until Oct. 4 and save up to 40 percent off Disney Rooms for military travelers. Call the ITT at 688-3537 for more information.

Shoreline Water Taxis

Discover the fast, fun way to visit Chicago’s top touring destinations! Shoreline Water Taxis (\$5.50-Adult, \$2.50-Child) run between Navy Pier and the Sears Tower and between Navy Pier and the Shedd Aquarium/Museum Campus. Fast connections and frequent departures help you make the most of your visit to Chicago. Call the ITT Office for more information at 688-3537.

Bristol Renaissance Faire

The Bristol Renaissance Faire is a magical, theatrical re-creation of a 16th century English village, celebrating the food, games, crafts, music and sport of the Elizabethan age. Hundreds of costumed performers offer continuous entertainment on 16 open-air stages and in the shaded village streets. This merry stroll through history is unparalleled fun for the whole family. The Faire runs on Saturdays and Sundays throughout the summer in Bristol, Wis. through September 5 (Labor Day-Monday), 10 a.m.-7 p.m. ITT ticket costs are as follows: 16.75 for adults and 8.50 for children.

Calling all baseball fans...

See the Chicago Cubs at Historic Wrigley Field!

On sale now - August home games

Cubs’ tickets are \$40 for regular games and \$46 for prime games. Tickets are only sold in pairs (only

two tickets per person per month).

August - Cubs schedule

8/27, (FLA), 3:05 p.m.
8/28, (FLA), 1:20 p.m.
8/29, (LA), 7:05 p.m.
8/30, (LA), 7:05 p.m.

For September home games...

Lottery winners will have until Sat., Aug. 27 to select and purchase their tickets on a first-come-first-served basis. All remaining tickets for September games will go on sale to eligible customers on Mon., Aug. 29. Cubs’ tickets are \$40 for regular games and \$46 for prime games. Tickets are only sold in pairs (only two tickets per person per month). (See September Schedule below). Stop by or call the ITT Office for complete details on the lottery process.

September - Cubs schedule

9/12, (CIN), 7:05 p.m.
9/13, (CIN), 7:05 p.m.
9/14, (CIN), 7:05 p.m.
9/15, (STL), 7:05 p.m.
9/17, (STL), 12:20 p.m.
9/18, (STL), 1:20 p.m.
9/24, (HOU), 1:20 p.m.
9/25, (HOU), 1:20 p.m.
9/27, (PIT), 7:05 p.m.

Note: Due to ITT’s own (Cubs tickets) inventory, customers who purchase Cubs tickets through other sources are not eligible for the Entertainment Rebate Program.

Get terrific air travel rates...

Exclusive air travel rates into and out of O’Hare, Midway and Milwaukee airports may be arranged by ITT’s new advertising partner, Fox World Travel, a local travel business - providing travel assistance throughout the year for everything from emergency trips home to off-duty vacations and dependant travel. Military discounts are available on a number of travel services. The local phone number is 1-847-234-5877.

Book a cruise through ITT...

The ITT Manager, who is CLIA certified (Cruise Line International Association), is now booking cruises on Carnival, Disney, Royal Caribbean - just to name a few! Our military partnership allows for one of the best rates around. Call 688-4813 for further details.

Noah’s Ark Water Park...

“With more than 60 water-based fun activities available, Noah’s Ark is the place for water in the Midwest.”

ITT offers All-day Noah’s Ark Unlimited Passes!

ITT has all-day unlimited passes for Noah’s Ark Water Park in the Wisconsin Dells. The one-day pass covers 21 different attractions.

★ ROSS ★ THEATER

Movies: \$2-Adult (Military or DOD)

\$1-Child (ages 6-11), Free-Under age 6

Ross Theater is located in Bldg. 110 and is open to everyone. Children 17 years of age and under trying to gain access to a “R-Rated” movie must be accompanied by an adult.

GREAT MOVIES AT A GREAT PRICE!

Fri., Aug. 26
6 p.m.



BAD NEWS
Bears

PG 13~For rude behavior, language throughout, some sexuality and thematic elements. (111 Min.)

Fri., Aug. 26
8:30 p.m.



Bewitched

PG 13~For some language, including sex and drug references, and partial nudity. (90 Min.)

Sat., Aug. 27
6 p.m.



LAND OF THE DEAD

PG 13~For pervasive strong violence and gore, language, brief sexuality and some drug use. (93 Min.)

Sat., Aug. 27
8:30 p.m.



WEDDING CRASHERS

R~For sexual content/nudity and language.

Sun., Aug. 28
3:30 p.m.



Charlie And the CHOCOLATE—FACTORY

PG~For quirky situations, action and mild language. (106 Min.)

The movie schedule is subject to change without notice.

For up-to-date information, call the MWR Scoop Line at 688-2110, ext. 697,

24 hours-a-day or check the web site at

www.mwrgl.com



Places to dine • Places to go

Skyline Food Court presents...



Morale, Welfare & Recreation

Roosters & Mozzarellas!

Take advantage of these specials and tasty party plan deals!

Mozzarellas’ Favorites... Try our New Special Thick Crust Pizza.

This month only-The same price as our thin crust! Meatlovers Special: \$11.50 (Save \$1). Supreme Special: \$11.75 (Save \$1.75). Kitchen Sink Special: \$14.75 (Save \$2).

Dine-in pizza orders may now be taken until midnight on Fridays and Saturdays!

Roosters! For Fried Chicken and more... Try our new... Pork Wild Wings- \$5.75. Includes Fries, Bbq Chicken Wings- \$3.75 Or Chicken Quesadilla- \$3.75. Plus-Free Delivery For Both Mozzarellas And Roosters on Sunday-Saturday: 4-10 p.m. Mozzarella’s delivers only

“hot pizza” using its new Acutemp delivery system - “pizza stays hot all the way to your door”! Delivered right to the quarterdeck or your office”-(staff, students and civilians on main side, hospital, hospital corps school and rtc). Call 688-7898/4641 to place order.



Sites announced for chaplains, religious program specialists fiscal year ‘06 training course

PENSACOLA, Fla. — The Naval Education and Training Command has announced training sites for the 2006 annual Professional Development and Training Course (PDTC) for Navy chaplains and Religious Program Specialists (RPs).

The course, entitled Character Development, Ethical Advisement and Today’s Sea Warrior, covers the Fiscal Year 2006 (FY06) annual training requirement for chaplains and RPs to update essential techniques and practices in military ministry. The course is sponsored by the Chief of Navy Chaplains, which conducts annual short-course training for Chaplain Corps officers and RPs to update essential techniques and practices in military ministry.

“Professional Development Training provides chaplains current and new information in providing comprehensive ministry support,” said Master Chief Religious Program Specialist Harold A. Terry, Chief of Navy Chaplains senior enlisted advisor.

“It’s imperative that this training be conducted with chaplains and RPs together to reflect the same focus in providing for the spiritual, religious and emotional needs of military members and their families.

The training also allows the chaplain and RP to interact and build a cohesive application and understanding with hands-on exposure in applying the lessons learned as a Religious Ministry Team (RMT) in real-life scenarios and opens the training to greater intellectual discussions.”

Building on the foundations of the FY04 PDTC (The Chaplain as Moral and Ethical Advisor in and to the Military Institution) and the FY05 PDTC (Forward to the Basics: Policy, Doctrine, Instruction, and Emerging Tools as They Relate to the Development of Ministry), the goal of the FY06 PDTC is focused on providing necessary tools for chaplains to assist in the character development of Sailors, Marines, Coast Guardsmen, and Merchant Mariners.

“The FY06 PDTC offers tools that enhance that team’s ability to assess and to meet the Sea Service institution’s needs - in this case in the areas of character development and ethical advisement,” said Chaplain (Capt.) Jonathan Frusti of the Professional Development division at the Navy Chaplains School in Newport, R.I.

“The primary thrust of Chaplain Corps training (including PDTCs) is to train and educate chaplains - to prepare them for their ministry to sea service personnel and their families.

That ministry is greatly enhanced because of the team approach encompassed in the Religious Ministry Team (RMT) - and that RMT is enhanced if and when chaplains and RPs are able to train together.”

The training course is being offered at multiple locations around the fleet to conserve travel funds and minimize time away from homeport for attendees.

The following sites have been identified for training on the dates shown in 2006: Jacksonville, Fla., Jan. 23-26; San Diego, Feb. 6-9; Kitsap, Wash., March 6-9; Okinawa, Japan, March 14-17 (Tue-Fri); Naval Station Norfolk, Va., March 20-23; Little Creek, Va., March 27-30; Naples, Italy, May 2-5 (Tue-Fri); Pearl Harbor, Hawaii, May 8-11; Camp Pendleton, Calif., May 22-25; and Camp LeJeune, N.C., June 6-9.

Registration for these training courses will open in November 2005.

NAVADMIN 178/05 outlines specific course information.

Questions on the course can be directed to Chaplain (Capt.) Jonathan Frusti by phone at 401-841-7039 (DSN 948-7039) or by e-mail at jonathan.frusti@navy.mil.

Chaplain’s Corner



How important is your marriage?

By **CHAPLAIN ROGER BOUMA**
Chaplain Corps, USN

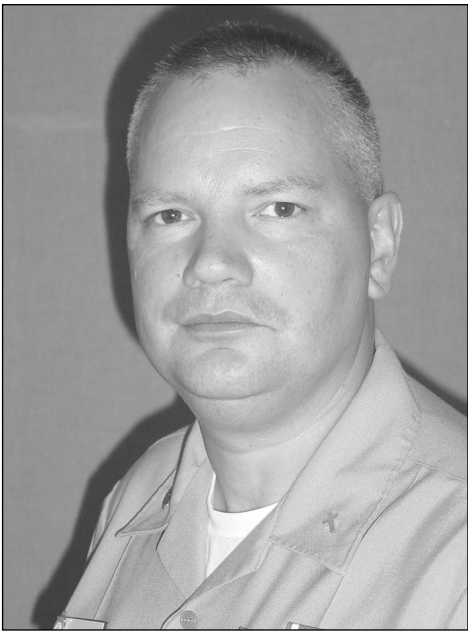
How can you keep your marriage strong? How much communication does an outstanding marriage require? How can a couple avoid being in that fifty percent that get divorced? These are all excellent questions, and I am not sure that I have the answer for all of them. Research suggests that a good marriage requires one hour of conversation each day.

Furthermore, all couples fight. If a couple states that they do not fight, they probably are not talking to each other. The difference in a healthy marriage is that healthy couples learn to fight fairly. This is the basis of a book called “Fighting for Your Marriage” by Dr. Howard Markman.

“Train to fight” applies to good relationships as it does to combat training? One hour of meaningful communication is difficult to achieve in a deployed scenario. Service members typically spend six months away from loved ones. Only secret email, SIPERNET, can be sent in wartime scenarios.

Communication can be sent by way of videos and snail mail, but this takes some time. Phone conversations are allowed when telecommunication and logistics permit it? One whole hour seems like a lot to achieve. One hour is a lot of time, if a couple tries to achieve this every day, all in one time.

However, no marriage expert said that the one hour must take all at once. Service members can make up for lost time by having second, third, and fourth honeymoons with their spouses upon return from



Chaplain Roger Bouma

deployment. Service members can also take advantage of special marriage enrichment retreats that are sponsored by the Navy and free!

In order to promote healthy marriages, Navy Region Midwest is proud to sponsor a Marriage Enrichment Retreat, October 21-23, in Camp Wonderland, Wisconsin. Transportation is free. Lodging is free. Food is free. Baby-sitting is not provided. Participants leave on Friday afternoon and return on Sunday afternoon. This retreat is primarily geared to active duty families. No cost TAD orders written by PSD are required. Reservations are being taken by RP2 Bejarano (847) 688-2253.

Navy Region Midwest to sponsor a marriage enrichment retreat

How important is your marriage? How can you keep your marriage strong? How much communication does an outstanding marriage require? How can a couple avoid being in that fifty percent that get divorced? These are all excellent questions, and I am not sure that I have the answer for all of them. Research suggests that a good marriage requires one hour of conversation each day. Furthermore, all couples fight. If a couple states that they do not fight, they probably are not talking to each other. The difference in a healthy marriage is that healthy couples learn to fight fairly. This is the basis of a book called “Fighting for Your Marriage” by Dr. Howard Markman.

“Train to fight” applies to good relationships as it does to combat training. One

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One hour is a lot of time, if a couple tries to achieve this every day, all in one time. However, no marriage expert said that the one hour must take all at once. Service members can make up for lost time by having second, third, and fourth honeymoons with their spouses upon return from deployment.

ment. Service members can also take advantage of special marriage enrichment retreats that are sponsored by the Navy and free!

When was the last time some one came to you and offered you a free weekend with your spouse that is really free? This weekend retreat is entirely free and includes a Saturday night candle light dinner that includes Beef Wellington as one of the choices, the chef’s personal specialty. This retreat is intended to make good marriages better. This retreat will not benefit troubled marital relationships. This is a free weekend to spend a few days with the most important human in our lives – our spouses.

Participants leave on Friday afternoon

Oct. 21 at 4 p.m. on a chartered bus and will return Sunday afternoon no later than 4 p.m., Sunday, Oct. 23. The retreat includes video presentations, outdoor activities, and free time together, and, of course, a candle-light dinner.

In order to promote healthy marriages, Navy Region Midwest is proud to sponsor a Marriage Enrichment Retreat, Oct. 21-23, in Camp Wonderland, Wisc. This retreat is primarily geared to active duty families. No cost TAD orders written by PSD or a signed special request chit is required. RP2 Bejarano or RP2 Fahnestock is taking reservations at (847) 688-2253, by email at juan.bejarano@navy.mil or james.fahnestock@navy.mil. Friday, Sept. 30 is the deadline for sign-up.

Command Religious Program Schedule

Catholic

Sun., 9 a.m. Sunday MassBluejacket Memorial Chapel
Sun., 10:30 a.m. Sunday MassNaval Hospital All Faiths Chapel
Sun., Noon Sunday MassForrestal Village Chapel
Mon.-Fri., 11:45 a.m. Weekday MassBluejacket Memorial Chapel
Sun., 10:15-11:30 a.m. CCDBldg. 122
Sun, 10:15 a.m. Adult EducationBluejacket Memorial Chapel

Protestant

Wed., Noon Praise, Word and WorshipNaval Hospital All Faiths Chapel
Sun., 10:30 a.m. Protestant WorshipBluejacket Memorial Chapel
Sun., 10 a.m. Family Worship ServiceForrestal Village Chapel

Full Gospel Service (Pentecostal)

Sun., 10:15 a.m. Sunday School adult & childrenBluejacket Memorial Chapel
Sun., 11:45 a.m. Morning WorshipBluejacket Memorial Chapel

Wed., 7 p.m. Bible Study, adult & childrenBluejacket Memorial Chapel
Mon., 7 p.m. First Monday of month Bible Study/Fellowship, Men & WomensBluejacket Memorial Chapel
Fri., 7 p.m. First Friday of month Youth Victory Service ...Bluejacket Memorial Chapel

Church of Jesus Christ of Latter Day Saints

Sun., 1:30 p.m.Naval Hospital All Faiths Chapel

Chapels

- Bluejacket Memorial Chapel - Bldg. 3, NTC
- Forrestal Village Chapel - Bldg. 2630, Ohio St., Forrestal Village
- Naval Hospital All Faiths Chapel, Wing 2 South
- For More Information about any of the services or events listed in this schedule, call 688-5610

SportScene

USO, GL baseball team to host softball tourney this weekend

USO and the Great Lakes baseball team the "Captains" will host a softball tournament beginning tonight and ending this Sunday on the Naval Station.

The entry fee is \$75 per team and includes a four-game guarantee, a home-run derby and trophies for first- and second-place finishers. There is also a trophy for the home run king.

Students are encouraged to enter teams. Any students or staff wanting to participate

but do not belong to a team should contact CS1(SW) Bud Beebe at (309) 840-0006 or (847) 688-4605.

Beebe can also be reached by email at theodoreb@nhcs.med.navy.mil.

The "Captains" will be selling hot dogs burgers, bratwurst, chips and soda. All profits from the tournament will be used to defer travel expenses to Lehigh Valley, Penn., to represent Naval Station Great Lakes in a Labor Day baseball tournament.

Great Lakes Fitness Center can help you get in shape

Great Lakes Fitness Center Bldg. 2A, 688-5649

The Great Lakes Fitness Center is a complete, state-of-the-art health and fitness center. Special features of the Center include a "Weight Room" area that boasts over 75 weight machines, 4,500 pounds of weight plates, as well as Body Master plate-load equipment. The "Cardio Room" includes Treadmills, Crosstrainers (Elipticals), Lifecycles, Stepmills and more — complemented by personal screen televisions for viewing pleasure while working out. An Aerobics and Spin Studio offer various group exercise classes. Massage Therapy is available during the week and appointments can be made at the Front Desk. Plus, saunas, and locker and towel services are available. The Naval Hospital Health Promotion Office is also located in the Great Lakes Fitness Center.

New Massage Therapist ...

Sports Massage, Swedish Massage,

Therapeutic Massage and "New" Hot/Cold Stone Massage!

Make an appointment with our Massage Therapist today! Stop in for a 5-minute "Chair Massage- Tune-Up" on Monday and Wednesday, 3-6 p.m. and Friday, 11 a.m.-1 p.m. (when therapist is available). Call the Great Lakes Fitness Center at 688-5649 for days/times.

Aerobics Classes

Aerobics fees apply for all classes unless otherwise specified. All eligible gym customers are welcome. Classes are subject to change without notice. All classes take place in the Aerobics/Spin Studio at the Great Lakes Fitness Center. The schedule is as follows:

Step: Tues. and Thurs.; 11:40 a.m.-12:30 p.m. — Spin:* Mon., Wed. and Fri.; 11:45 a.m.-12:30 p.m.; and Mon. and Wed.; 4:30-5:15 p.m. — Power Hour: Tues.-Thurs.; 5-6 p.m. and Hatha Yoga: Tues. and Thurs.; 6-7 p.m.

Sniper's Alley open at the Fieldhouse, Bldg. 440

Sniper's Alley has re-opened. Naval Station's own outdoor paintball arena, Sniper's Alley, is for those customers looking for an exciting paintball experience at an affordable price. For only \$12, customers may rent gear for the day (mask/marker) and unlimited air-fills, along with 100 paintballs. Additional paintballs are available for purchase.

Sniper's Alley is located right behind Bldg. 440 (Fieldhouse) for easy access. Check out Sniper's new inflatable bunker system and watch for regular tournaments.

The hours of operation are as follows: Fri., 4-10 p.m.; Sat., noon- 10 p.m. and Sun. 12-8 p.m. Sniper's is subject to close early due to inclement weather or lack of business. The prices are as follows: \$12 starter package (equipment and 100 paintballs); 200 paintballs, \$14; 500 paintballs, \$25; 1,000 paintballs, \$45 and a case of 2,000 paintballs, \$80

For those who have their own equipment, the admission fee is \$10. which includes unlimited air re-fills.

For more information, call 688-2230 directly, or weekdays at the Loft at 6882214.

The Hapkido Club (self defense) Specializes in personal protection classes for everyone that incorporates several different martial arts systems and styles. These free classes will be held in Bldg. 81-H (second floor) on Tuesday from 5-6 p.m., Thursday from 5-7 p.m. and Saturday from 9:30-11 a.m. Sign up at the Fieldhouse, Bldg. 440.

Fitness and sports

Courts Plus-Bldg. 4; 688-6750, Gym 80-H. 688-7692, Fieldhouse-Bldg. 440; 688-3419, Great Lakes Fitness Center-Bldg. 2A; 688-5649.

All event/league registrations and managerial meetings take place at the Fitness & Sports Office in Bldg. 440, unless otherwise noted. Turn in registration and forfeiture letters at Bldg. 440. Leagues are open to all active duty and retired military, reservists, family members with an ID and DoD employees with a valid gym membership. For additional information, call 688-3419.

Used boat sale extended

The Great Lakes Marina is conducting a used boat sale. All boats will be sold on a minimum sealed bid, "as is." The bids must be turned in by Sat., Aug. 27 at 6 p.m. The boats may be viewed during operating hours.

Power Boats

1985, 31-foot Chris Craft Commander Sailboats
1967, 27-foot Piers Commander
1978, 27-foot Coronado

Call the Great Lakes Marina for further details.



Play Fantasy Football With MWR and win "BIG"

Calling all Fantasy Football fans! Your Great Lakes, MWR Department, once again is offering a free "salary-cap style" Fantasy Football Contest (eligible customers, only). This amazing Contest offers players easy online access, with no need to get together for a draft — and it is free to enter!

Players have an opportunity to compete for fabulous local prizes for first and second place for local Navy league finishers. Plus, prizes will be awarded to weekly high scores in our BEAT THE XO CONTEST (CDR Hank Roux, XO, NAVSTA).

In addition, the (active duty) player with the highest end of season score will win a fabulous trip for two to Las Vegas on Super Bowl Weekend. Plus, as an incentive to play all year, the highest scoring players in the League will be invited to play in a special "playoff" competition where another fabulous trip for two (vacation package) will be given away — more details to follow!

On a national level, the top eight people (nationwide) will also receive a trip to Las Vegas and guaranteed prize money with

ONE winner who will receive a grand prize of \$30K and the title of MR./MS. FANTASY FOOTBALL 2005 (sponsored by Sports Buff Fantasy Sports*).

Players may sign-up on-line for their free team (one per person, only) by visiting www.mwrgl.com. Upon signing-up, players will automatically be placed in a local Navy league of up to 33 teams. Players have until the start of the NFL regular season to create their own roster and/or to make adjustments to their current roster.

To "better" your management/coaching skills after the season starts, an unlimited trade package is available for purchase — once you sign up for your free team. (There is no obligation to purchase the unlimited trade package).

The MWR Department, Fox World Travel* and Miller Lite* have teamed up to offer this amazing program! Watch for the Miller* beer promotion at MWR facilities throughout the football season. Check out the Great Lakes Bulletin and www.mwrgl.com for further details.

Play ball with MWR and win baseball tickets and more!

The MWR Department and Miller Lite* have teamed up for a great summer promotion — PLAY BALL, a fun interactive baseball game for fabulous prizes!

Anyone can play! Just go to WWW.MWRGL.COM and everyone will win valuable coupons to various MWR facilities and/or programs. In addition, players may register to win tickets to Major League Baseball Games including the Chicago White Sox, Cubs and Milwaukee

Brewers.

Best of all, the top prize is tickets to a Luxury Suite/Skybox at Miller Park in Milwaukee to see the Brewers or the US Cellular Park in Chicago to see the White Sox (some restrictions apply). Players will receive additional chances to "win" by visiting Duffer's Den, Pier 525, Pub 140 and/or Rynish Bowling Center! Watch for specials on Miller Lite* at each facility! Join the fun this summer and PLAY BALL!

Willow Glen Golf Club

Myers crowned Willow Glen club champion

Willow Glen hosted its annual Club Championship on August 13-14. Some 52 players competed in four handicapped flights. Flight winners were Tom Morrissey ("A" Flight), Steve Patton ("B" Flight), Ken Johnson ("C" Flight) and J.J. Sillery ("D" Flight). The new club champion is Chris Myers, who fired a 74 on Saturday followed by a 76 on Sunday. Congratulations to all winners.

ET "A" wins Captains Cup Golf

The 2005 Captain's Cup intramural golf program concluded with TSC/SCS ET "A" winning the championship over the RTC-Chief's Pride "B" team. Fort Sheridan and RTC-Chief's Pride "A" were defeated in the semi-final matches, resulting in a showdown between ET "A" and RTC's Chief's Pride "B". The 2005 season had 19 teams participating from various commands from the base.

The Willow Glen Golf Club is Naval Station Great Lakes' 18-hole championship golf course. Recently renovated, the layout offers a challenge to all skill levels. Reservations are recommended for weekend play while weekdays are on a first-come, first-serve basis. The course opens

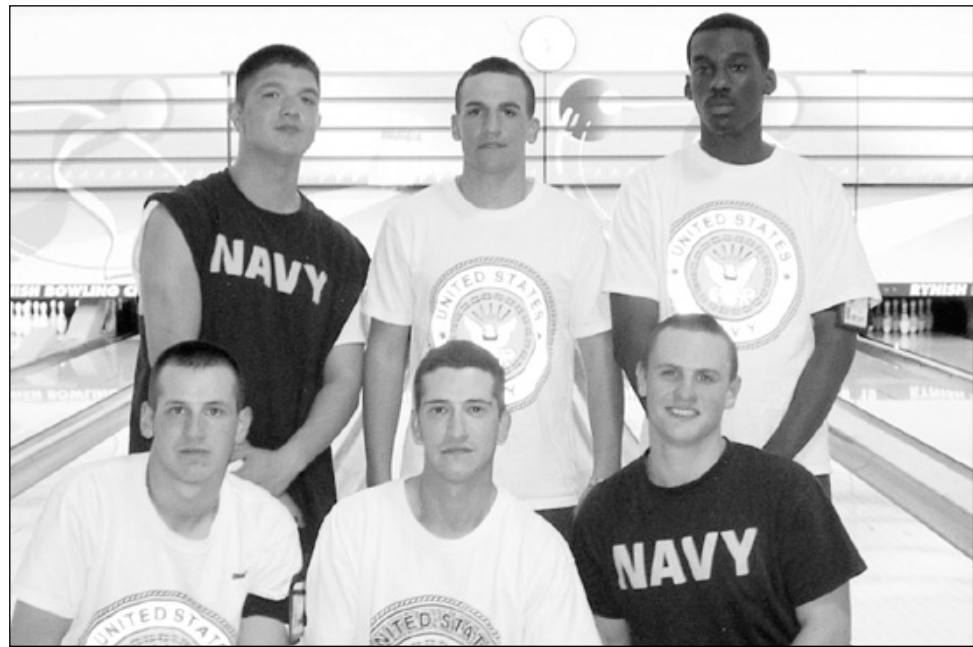
weekdays at 6:30 a.m. and weekends at 6 a.m. Players can "tune-up" on their techniques at the remodeled driving range, complete with an "all grass" teeing area. Target greens were added to enhance the practice experience.

Looking for some new golfing gear or apparel? A visit to the Willow Glen Pro Shop may be the answer. Browse the "latest" from Callaway, Ping, Titleist and many others. If you don't see what you are looking for, special orders may be taken.

Stop by Duffer's Den, the restaurant/lounge at the Club, for a refreshing drink or tasty sandwich before or after your next round of golf. The Den is open for lunch on the weekdays from 11 a.m.-2 p.m. The lounge remains open after lunch until 9 p.m. On weekends, the lounge is open from 9 a.m.-9 p.m.

The summer is starting to wind down — and it is time to get in those rounds you've missed. Bring a friend or two for company! Better yet, get the kids out before school starts up. Special rates are being offered for weekend play after 1 p.m. Play 18-holes with a riding cart for only \$23. (DoD/Vets and Guests slightly higher).





BEQ 635 was the winner of a two-week bowling contest at Rynish Bowling Center.

NMT/MWR sports day: bowling at Rynish

As part of the new partnership between the Morale, Welfare and Recreation Department and the Navy’s Naval Military Training program, 1,050 students took part in a bowling Eeent at Rynish Bowling Center.

This two-week event started on Mon., Aug. 8 and ran through Wed., Aug. 17. Each day, various BEQ’s “bowled off” against each other for a high team score. The team with the highest score each day received MWR “Bucks”.

The winners of the first week were students from BEQ 838. (Barker, Watkins, Tse, Ward and Boatwright). These students scored a 167 and received “free paintball” at Sniper’s Alley from MWR for their accomplishment.

This past week of bowling concluded with an exciting finish. Teams from BEQ 635 and BEQ 532 tied for first place with a score of 178. These two teams then participated in a sudden death “bowl off.” The team from BEQ 635 came out as the victors when they bowled a strike in the first frame. (pictured-Jesse Bumanglag, Shannon Dominick, Clint Gerber, Salvatore Maida, Bradley Simmons and Michael Zylus). They received a free pizza/bowling party from MWR for their victory.

Judging from the response of the students and staff involved from this event, it seemed to be a great success. MWR is looking forward to providing quality recreational programming for the NMT Sports Day in the future.

USO, Chicago White Sox team for military appreciation night

The USO and the Chicago White Sox have teamed to present the third annual USO Ed Olson Military Appreciation Night.

This free event for active-duty military personnel will be at U.S. Cellular Field, Friday, Sept. 2, when thee Chicago White Sox host the Detroit Tigers.

A patio barbeque dinner party begins at 5:30 p.m. Game time is 7:05p.m.

Activities include military aircraft fly over; opening ceremonies performed by the military; scoreboard recognition for the Navy chief petty officer selectees. Wearing of your uniform is greatly encouraged.

Costs are : dependent meal ticket \$20; dependent game ticket \$10; civilian guest meal ticket \$38; and civilian guest game ticket \$20.

Military meal and game tickets: are free.

The meal includes all you can eat bar-

beque menu, beer, wine and soda. Seats are located in the lower reserve section. Parking costs \$17, cash only!

For directions and parking details visit www.chicago.whitesox.mlb.com

A portion of these costs for military and dependents are underwritten through the generosity of the Eric Olson and the USO.

To Register call John Margelewski at the Chicago White Sox at 312-674-5350 or fax an order form to 312-674-5140.

Deadline for registration is Friday, 26 Aug.

The USO extends a thank you and remembrance to Ed Olson who was a special friend to the USO and dedicated supporter of the men and women of the Armed Forces. Ed was the sponsor of the 1st annual USO Night at US Cellular Park in 2003. In his memory, his brother Eric Olson, helped to make this evening possible.

A grilling experience

By **KEN TESTORFF**
Sea & Shore magazine

That’s how a lieutenant (junior grade) described a near-miss that occurred in his garage. After tidying up this area, he had gone inside to relax. About two minutes later, his approached him and said she smelled gas.

“I grumbled something about it probably being her cooking she smelled,” said the officer, getting up to check it anyway. “I, too, smelled gas,” he continued, “but couldn’t figure out where it was coming from until I opened the door leading to the garage. The smell was overwhelming.

“I immediately checked the gas, hot-water heater, but the pilot light still was lit. Then, my wife asked, ‘What’s that hiss?’ About the same time, we both realized

propane was leaking from our gas grill stored in the garage. Apparently, I had bumped one of the burner knobs while I was cleaning, and propane had been leaking for two hours. Did I mention my hot-water heater sits only 10 feet away from the grill?

“I don’t know if we had a few hours or a few seconds before something really bad would have happened,” he said, “but I was able to open the garage door, and the fumes dissipated without incident. In hindsight, I know I first should have opened the garage door, instead of looking for a leak in the middle of a time bomb. I compounded the hazard by using the electric, garage-door opener. I could have avoided the whole episode if only I hadn’t been too lazy to turn off the propane tank the last time we had used the grill.”

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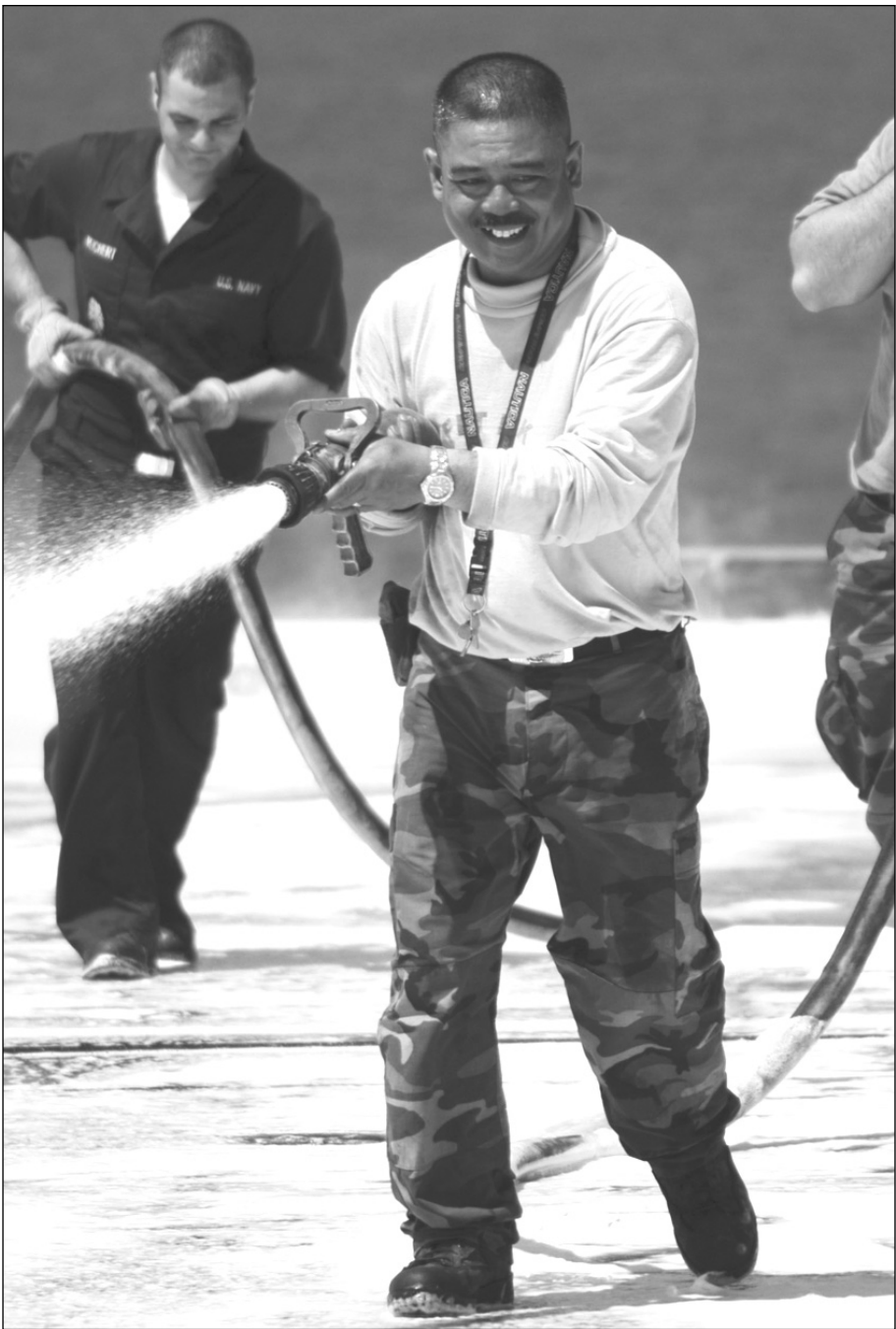
For current program info see Web site:
www.uso.org/Illinois

Your USO Great Lakes “Home Away From Home” Has So Much to Offer!

- Six Computers W/Internet, printers and fax (\$1 per hr)
- A library w/ Books and Magazines you can take with you! FREE
- Quiet Study rooms large enough for groups.
- Big screen movie rooms with all the latest movies. FREE!
- Four Pool tables FREE!
- A Music Room with Guitars drum set, keyboard and amps. FREE!
- Art Room loaded with art supplies. FREE!
- Play station 2, N-64 and X-Box with all the latest games. FREE!
- NO DOUGH DINNER/KAREOKE! We feed you the night before payday!
- Sing for your dinner!

Don’t forget “No-Dough” dinner the night before each payday at 5:30 p.m.

For information on all USO, special events go to www.uso.org/Illinois and click on link to Special Events or the link for the Calendar of Events. The Great Lakes USO is Located in Building 27 on the Great Lakes Naval Station near the Front Gate. The hours of operation for center usage are Monday-Friday 1500-2100 and Saturday and Sunday 1100-2100. The USO is open Monday – Friday from 0800-1500 for outreach programs, ticket programs, and general assistance. For any questions or comments, call 847-688-5591. Serving Our Troops Since 1941: The mission of the USO of Illinois in times of peace and conflict is to enhance the quality of life of the active duty men and women of the U.S. Armed Forces and their families through social, recreational, entertainment and educational programs and support services.



Rub-a-dub-dub

Pacific Ocean - Air Department personnel perform a scrub down on the flight deck aboard the conventionally powered aircraft carrier USS Kitty Hawk (CV 63). SCRUBEX’s reduce hydraulic fluid, grease and dirt buildup, which present a hazard to aircraft and personnel. Photo by Phan Juan King

RAO is seeking volunteer help

Do you have some spare time on your hands that you would like to fill with some constructive volunteer work’?

The Retired Activities Office (RAO) is looking for volunteers who can help staff this important office. The RAO is located within the Fleet and Family Support Center, Building 42, just inside the main gate.

The RAO is staffed entirely by volunteers. Catherine Gourley, director of the RAO and a volunteer herself, says that several of the current volunteers have been

sidelined recently by poor health, and there is an urgent need for some new volunteers.

Volunteers at the RAO usually work just one day per week. The Office is open from 9 a.m.-2 p.m. Volunteers answer telephone calls from military retirees and direct them to the agencies that can assist them. Although military experience is a plus, volunteers don’t need to be subject matter experts. The current staff can train them.

If you would like to help out, call the Retired Activities Office at (847) 6883603, Ext. 118.

Sailors reach out to community during Chicago Navy Week

By Chicago Navy Office of
Community Outreach Public Affairs

The Windy City's Navy Office of Community Outreach (NAVCO) Team brought music to public spaces, smiles and Navy ball caps to patients in two children's hospitals, and food to hungry families during the 2005 Chicago Navy Week.

Tactical demonstrations by an F/A-18 Super Hornet and two S-3B Vikings also thrilled Chicagoans, and recently deployed Sailors from a local reserve unit and Navy recruiters manned an informational booth and F/A-18 flight simulator at the 47th Annual Chicago Air and Water Show.

Chicago's Navy Week kicked off with the Navy Band Great Lakes Brass Ensemble playing 1940s-era music at an Art Institute of Chicago exhibit, "1945: Creativity and Crisis, Chicago Architecture and Design of the WWII Era." Navy veteran Robert Wilch then spoke about his experience as a "90-Day Wonder" at Northwestern University.

"During those days, the Navy needed officers more quickly than the Naval Academy could provide them, so they started a program to push officers through a midshipman course at several universities around the country," Wilch said. "I went through the program at Northwestern University. We learned seamanship, navigation and ordnance, which was all we needed to know to get out there — all in 90 days."

The following day, with the help of full-time support staff at Navy Reserve Center Chicago, Sailors helped package and distribute food and school supplies to more than 100 families at the Irving Park Food Depository on Chicago's northwest side. Kathy Howe, the pantry's coordinator, said the Sailors' help was much appreciated by the regular volunteers and the families who depend on the program because many regular volunteers were on vacation.

NAVCO then turned its attention to Caps for Kids, a long-standing program where local Sailors delivered donated command ballcaps to patients in children's hospitals. Hospital staff members said the visit from



A young visitor shows his enthusiasm while leaving the Navy's F/A-18 Hornet flight simulator. More than 1,000 people rode the simulator during the two-day 2005 Chicago Air and Water Show.

"real Sailors," meant a lot to the kids and the staff.

Over the weekend, the annual Air and Water Show, along the shores of Lake Michigan, attracted more than two million spectators. While the Navy's F/A-18 flight simulator showed what flying a Blue Angels jet is like, an F/A-18 Super Hornet assigned to VFA-106 and two S-3B Vikings from VS-30 displayed an array of real-life aerobatic maneuvers overhead.

At the recruiting display, Navy Cargo Handling Battalion SEVEN Sailors explained — and demonstrated — their job to curious onlookers. NCHB-7, a Navy Reserve Center Chicago unit, was the first unit there to be fully mobilized, and its 150 members returned in March from a seven-month deployment to Kuwait where they loaded and unloaded ships with equipment

needed by troops in Iraq.

Navy Week culminated with a summer band concert at Cantigny Park in Wheaton, Ill., where Navy Band Great Lakes alternated classical and patriotic pieces. Lt. Joseph Dolsak told the crowd at the beginning of the concert that the band was proud to represent Navy-Marine Corps shipmates who are currently engaged in the Global War on Terror.

Twenty such Navy Weeks are planned this year in cities throughout the United States, arranged by the Navy Office of Community Outreach, a public affairs unit based in Millington, Tenn. NAVCO is tasked with enhancing the Navy's brand image in areas with limited exposure to the Navy. Dates of the 2006 Chicago Navy Week will be announced in the near future.



Lt. Joseph Dolsak of Navy Band Great Lakes salutes veterans in the audience during the Armed Forces Medley, a collection of songs for each military branch of service. The Navy Band was performing at the First Division Military Museum at Cantigny Park during the Chicago Navy Week. The concert was the grand finale of the 2005 Chicago Navy Week.



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Community Week



Lt. Ted Kopinski of Sea Control Squadron (VS) 30, based in Jacksonville, Fla., narrates the S-3B Viking demonstration during WBBM-TV's simulcast of the 2005 Chicago Air and Water Show. Approximately 2 million visitors attended the show, held on the shores of Lake Michigan, over the course of the weekend.



Musician 1st Class Richard Lindberg, Hightstown, N.J., entertains a patient during a Caps for Kids visit to La Rabida Children's Hospital. The visit was in conjunction with Chicago Navy Week festivities. Twenty such weeks are planned this year in cities throughout the U.S., arranged by the Navy Office of Community Outreach (NAVCO). NAVCO is a new unit tasked with enhancing the Navy's brand image in areas with limited exposure to the Navy.

*Photos by
PH1 Steve Schmidt*

Lt. Kopinski conducts a Sousa March at Cantigny Park. The concert, held as the grand finale to the



Yeoman 2nd Class Troy Clay of Navy Reserve Center Chicago (and a Chicago native) assists another volunteer in packing food for distribution at the Irving Park Food Depository. The volunteer activity, which provided food and school supplies for more than 100 families, was in conjunction with Chicago Navy Week festivities. Twenty such weeks are planned this year in cities throughout the U.S., arranged by the Navy Office of Community Outreach (NAVCO). NAVCO is a new unit tasked with enhancing the Navy's brand image in areas with limited exposure to the Navy.

